


LIVE'LY STANDARD MENU

NAME: _____

BRANCH: Mirdiff _____; Al Wasl _____; Abu Dhabi _____

SEND BEFORE
TUESDAY
FEB 5 2019

Week 699		SUNDAY 10-Feb-19	MONDAY 11-Feb-19	TUESDAY 12-Feb-19	WEDNESDAY 13-Feb-19	THURSDAY 14-Feb-19	FRIDAY 15-Feb-19	SATURDAY 16-Feb-19	
		BREAKFAST							
		AM Delivery: Start with lunch and keep breakfast for the following day							
		Daily Low Fat Milk or Yoghurt(Plain or Fruit)							
		Jam & Toast	Peanut Butter & Toast	All Bran Cereal	Fruit Crunch Crisp Bread & Jam	Mini Wheat-a-Bix	Honey & Toast	Branflakes Cereal	
		Labneh with Olives & Oats Bread	Feta Cheese S/W	Croissant Cheese	Labneh with Mint & Arabic Bread	Maneesh Zaatar	Foul Modammas & Arabic Bread	Slice Cheese & Toast	
		Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)							
		LUNCH							
Appetizer	1	Garden Salad	Salad Mix with Elbow Pasta	Halloumi Salad with Balsamic Dressing	Season Salad with Chickpeas	Lentils & Leaves Salad with Balsamic Dressing	Green Salad	Colored Cabbage & Carrots Salad	
	2	Hummus B' Tahini	Laban Salad	Baba Ghannouj	Eggplant Moutabbal	Spiced Curried Veggies	Beetroot Moutabbal	Laban Salad	
Lunch Main Dish	1	Spiced Kafta in Tomato Sauce & Rice	Fattet Dajaj (Rice with Chicken, Eggplant & Chickpeas)	Green Beans Stew with Meat & Rice	Fish Sayyadiyyeh	Indian Chicken Makhni & Rice	Beef Cutlets with White Beans & Couscous	Adana Kabab with Turkish Rice with Vermicelli	
	2	Chicken Fajita Platter with Guacamole & Salsa & Tortilla	Baked Fish with Potato, Olives & Tomato	Chicken Pizzola & Caibatta Bread	Herbed Crispy Chicken with Green Herb Sauce & Potato	Italian Olive Meatballs with Spaghetti	Sweet & Sour Shrimps with Rice	Baked Chicken in Parmesan Sauce & Ciabatta	
	3 - Vegetarian	Spiced Rice with Lentils & Cauliflower	Spiced Vegetable Stew with Burghul Pilaf	Goat Cheese Frittata with Courgette & Peas with Bread	Pasta with Tomato Cream Sauce	Garden Pizza Supreme	Spiced Basmati Pulau with Broccoli	Kidney Beans Curry & Rice	
	4 - Subzzz OR Salads	Potato & Tuna Salad with Corn & Veggies	Ultimate Beef Steak Ciabatta with Onions & Mushrooms	Artichoke Basil Hero Cold Cuts S/W	Sicilian Beef Steak Salad with Bread	Lebanese Chicken Sub with Eggplant & Sumac	Cajun Chicken & Cheese Kraftcorn Burger	French Roasted Vegetable Ciabatta	
PM Snack	Oriental Dessert	Maamoul Walnuts	Kashtaliyyeh (Milk Pudding with Syrup)	Dates & Sesame Rectangles	Barazek	Sfouf (Turmeric Cake)	Bassbousa	Dates Fingers	
	Int'l Dessert	Chocolate Coconut Biscuits	Live'ly Biscotti	Live'ly Chocolate Cheese Cake	Crispy Chocolate Cupcakes	Blueberry Muffin	Live'ly Chocolate Biscuits	Fruits & Nuts Cake	
	Low GI	Roasted Peanuts	Dark Chocolate	Minted Labneh with Chopped Veggies	Peanut Butter & Banana	Hummus B' Tahini w/Chopped Veggies	Roasted Almonds	Hi Protein Snack Bar	
		DINNER							
Dinner Main Dish	1	Turkish Halloumi, Pomegranate Walnut Salad with Protein Bread	Iskandar Kabab Salad with Yoghurt Dressing & Protein Bread	Fattoush & Halloumi Salad with Protein Bread	Marinated Chicken with Almonds & Sultana & Protein Bread	Cold Cuts Chef's Salad with Protein Bread	Zesty Mediterranean Chicken Salad with Protein Bread	Sweet & Sour Pasta Salad with Colored Peppers & Parmesan	
	Select SOUP or SALAD with choices 2,3	Mixed Cabbage Coleslaw	Garden Salad	Beets Salad	Mixed Beans Salad	Greek Salad	Corn Salad	Season Salad	
	2 - Vegetarian	Greek Beans Soup	Yellow Lentil Soup	Cauliflower Soup	Cream of Tomato Soup	Vegetable Soup	Carrot Coriander Soup	Tom Vermicelli Soup	
	3	Spaghetti Napolitana	Roasted Farm & Root Vegetables with Romesco Sauce	Pineapple Vegetable Rice	Zucchini & Potato Bake	Feta with Grilled Veggies S/W in Toast Bread	Syrian Cooked Lentils with Toasted Bread	Vegetable Goulash & Bread Roll	
	Chicken with Spiced Coriander Sauce & Potato Cubes	Club S/W (Turkey & Cheese with Chicken Paste)	North African Kafta with Veggies & Bread	Kafta Burger S/W	Baked Fish with Salsa Fresca & Bread	Turkey & Cheese Cold Cuts S/W	Grilled Chicken with Veggies & Potato Cubes		
Please send your choices maximum by Tuesday FEB 5 with the driver, by fax or by E-mail. In case you're late sending your choices, the Cuisine Dietician will select your choices which might not always satisfy your taste.									

 : New on Menu
 : Spicy Hot Food

Phone: +971-4-3481008; Mobile: +971-55-3481008; Fax: +971-4-3481006; E-mail: info@lively.ae For online menu selection: visit www.lively.ae
 Calendar Week 6/19